

## **SOUTH AXHOLME SHARKS A.S.C.**

### **CODE OF CONDUCT**

**All members should read this booklet and take note of the contents.**

#### **A few basic pointers about the history of "SHARKS."**

South Axholme Sharks S.C. was first formed in 1998 and was initially set up to accommodate swimmers who had "outgrown" swimming lessons, but wanted to continue to improve their basic swimming techniques and thereafter, work towards competitive swimming. The club is now well established, with the majority of the members swimming competitively for the club. Sharks is also a feeder Club for Doncaster Darts swimming club, where, providing they have the required qualifying times, they can go for extra training and coaching. Swimmers who don't wish to swim competitively and simply wish to keep fit are also welcome as members, but they must abide by the club rules, i.e. following the set training programme for that session, so as not to disrupt training in their lane etc. The "SHARKS" is not a club where swimmers can come to "have a fun swim". Sharks is serious training, and therefore not for the half-hearted swimmers!

#### **Training with SHARKS.**

The SHARKS club is split into four squads, Reef Sharks - for those who have just progressed from lessons. They then move on to the Tiger Sharks and then up to up to the Killer squad which is for the more experienced and competitive swimmers. The swimmers in each squad training session are split into four lanes, and a training programme is set for each lane, each with a different degree of difficulty. There is also the Masters squad, for the over 25's. The training programmes are set by the Head Coach and should be strictly adhered to by all swimmers. Usually the Head Coach is supported by assistant coaches or poolside helpers who will read out the programmes to the swimmers and help them in any way necessary.

#### **Basic Code of conduct for all SHARKS Club Members**

- **The authority of the both the Head Coach and his assistants should be respected by all club members at all times.**
- **Instructions given by the Head Coach or any of his assistants should be carried out at all times.**
- **Bad behaviour both in and out of the pool will not be tolerated.**
- **If a club member misbehaves, refuses to follow the programme or causes any sort of disturbance or inconvenience to the rest of the swimmers, then he or she will be asked to leave the pool and get dressed, and a letter of explanation will be sent to the parent/s of the swimmer concerned.**

#### **Sprint Ladder**

This is a club competition, which is run throughout the year with trophies being presented at our bi-annual Presentation evenings which are held in the summer and around Christmas time. To score points, swimmers will be awarded 5 points for each Personal Best (PB) time, which they perform during a sprint night or a Gala. 2 points will also be awarded each time they represent the club in a Gala against another swimming club.

#### **Sprint Nights**

The club occasionally holds what we call a "Sprint Night." On these occasions, the swimmers are timed swimming each of the four basic strokes over a distance chosen by Kevin. These times are recorded by timekeepers and then put into the computer. If a swimmer swims a faster time than he/she has done previously, then they will gain 5 points on the Sprint Ladder.

## **Basic Rules for Sprint Nights**

- It is very important that everyone is quiet and listens carefully to the instructions which are given out.
- First of all, Kevin will call out the swimmers names to tell them which lane they are to swim in.
- He will then tell them what stroke and distance they are to swim.

At the beginning of each race, it is poolside etiquette that everyone must stand still and remain very quiet, (**which means – no talking!**) until the race has started. This is to enable both the swimmers and the timekeepers to hear the start of the race. (Usually the starting signal is a whistle, but occasionally it can be a starting gun or a bleeper!) It is unfair when the swimmers not taking part in a race do not remain quiet for the start, as swimmers taking part in the race might not hear the starting signal and will therefore be at a disadvantage to the others and won't necessarily receive a fair time. This rule is even more important at Gala's, where the Referees have been known to hold up races until all of the swimmers and spectators are quiet!

## **Swimming Gala's**

SHARKS competes in three Swimming Leagues, both the Lincs. Junior and Senior and the Barnsley Minors Swimming League. If a swimmer is chosen to swim in the team, then it is important that they make the effort to be there on the day, otherwise they will be letting the rest of the team down. The team lists are usually put on the notice board and on the club website well in advance of the actual Gala, and it would be very much appreciated if both the swimmers and their parents could take note of the dates and times of these Galas. The club also takes part in various "Open Meets" around the country, details of which can be found on the club's main notice board in the pool entrance. Lists of these dates can also be obtained either from the notice board, or the club website. [www.SASharks.co.uk](http://www.SASharks.co.uk)

## **Club Rules**

A full list of the club rules is displayed on the club noticeboard at all times. A swimming Cap must be worn both during training and when representing the club in Galas. All new members will be issued with a "Sharks" cap and any further new caps required can be purchased from the club swimshop. (Please see Jim or any other committee member!)